



Volleyball England Resources for Coaches – Personal Development

In this reference guide you will find some links to resources and information that will help you with your volleyball coaching. It is not a complete guide, but it provides some recommended sources and will be regularly updated. YouTube has an extensive video archive of teams in action, techniques and drills – you can decide which is useful for you!

The [Sports coach UK Resource Bank](#) is available via the Coaching section of the Volleyball England website. In the resource bank you will find guides, videos and blogs to help you with your coaching. It also contains guidance on conducting an [analysis of your training needs and developing a Personal Development Plan](#). The resource bank even has a review of [Technology to use in your Coaching](#).

There are also links to general coaching resources from New Zealand and Australia as well as volleyball specific information and tools from the UK, U.S., Volleyball Canada and FIVB.

Dig deep!

Richard Harrison
President, Coaches Commission, Volleyball England

Volleyball Coaching

Volleyball Royal Navy sport series (produced by Home Countries volleyball associations)

Excellent introduction to coaching volleyball and developing players through small-sided games.

http://www.teachpe.com/gcse/Volley_Ball.pdf

FIVB Mini Volleyball Handbook

Includes preparing children physically and mentally and preparing children to play volleyball.

http://www.fivb.org/EN/Development/document/FIVB_mini_volleyball_handbook.pdf

FIVB Volleyball at School Symposium

The Volleyball at School Symposium held in Canada, in June 2007, brought together world experts on Volleyball at School and best practice models and presentations.

<http://www.fivb.org/EN/Programmes/SchoolVolleyball/>

FIVB Coaches Manual

<http://www.fivb.org/EN/Technical-Coach/Document/CoachManual/English/>

FIVB Technical Evaluations Library

http://www.fivb.org/EN/Technical-Coach/Technical_Library.asp

Beach Volleyball

FIVB Beach Volleyball Drill-book

http://www.fivb.org/EN/Development/Document/FIVB_BeachVolleyball_Drill-Book/English/

Sitting Volleyball

Teaching and Coaching Volleyball for the Disabled (WOVD)

http://www.pef.uni-lj.si/fileadmin/Datoteke/Zalozba/pdf/Vute_WOVD_Handbook.pdf

Practising Sitting Volleyball skills

http://www.paralympic.org/sites/default/files/document/120305113023241_Card_4_Sitting_Volleyball.pdf

Examples of Sitting Volleyball drills (Volleyball Canada)

http://www.vcdm.org/global/images/misc/SIT_Drills_All.pdf

Volleyball Canada

Resources for coaches: indoor, beach, sitting

<http://www.volleyball.ca/content/resources>

Technical Journal of the American Volleyball Coaches Association

'Coaching Volleyball' is available online.

<http://www.avca.org/education-resources/coaching-volleyball-magazine/online-magazine/>

Resources for Coaches

Richard Harrison

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Sports coach UK

Training needs analysis (TNA) tools and developing a Personal Development Plan (PDP)

This web page from Sports coach UK <http://www.sportscoachuk.org/pdp-and-tna-tools> contains links to the following resources:

- PDP/TNA Guide ([Please click here for e-reader](#))
- example of completed personal development plan
- completed training needs analysis coach profile form
- completed training needs analysis coaching profile wheel
- training needs analysis coaching profile wheel (coaches)
- personal development plan template
- VARK Learning Test
- learning styles questionnaire
- personal development plan template (more detailed)
- TNA Coaching Profile (more detailed)

The Participation Coaching Curriculum has been developed to support governing bodies of sport develop coaches to meet the needs of recreational participants.

It recognises that the needs of people who take part in sport on a recreational basis are different to those of other groups such as elite athletes and children.

Coaches and coach developers will also find it a useful source of information as it supports coach development by providing practical ideas and solutions to achieve better recruitment, retention and sustained participation in sport.

<http://www.sportscoachuk.org/resource/participation-coaching-curriculum>

<http://www.sportscoachuk.org/sites/default/files/Participation-Coaching-Tool.html>

Technology to use in your Coaching

The report identifies a number of different uses of technology in coaching and reviews different software, websites, smartphone applications and videos that can assist coaches.

<http://www.sportscoachuk.org/sites/default/files/Technology-to-Use-in-Your-Coaching.pdf>

General Coaching Information

Sport New Zealand – Coaching

'**Getting Started in Coaching**' is a handbook that provides tips on your role as a coach, communication, sport safety, planning, and teaching new skills to athletes. This is a useful reference for coaches who are considering a UKCC Level 1 qualification.

<http://www.sportnz.org.nz/Documents/Communities%20and%20Clubs/Coaching/getting-started-compressed.pdf>

The '**Principles of Coaching**' **Level 1** course includes a Coaching Workbook for the course and information covering the nine modules including 'Communication', 'Growth and Development', 'Mental Skills Training', 'Physical Preparation', 'Introduction to Skill Analysis'. This is an excellent resource for coaches preparing for a UKCC Level 2 qualification. <http://www.sportnz.org.nz/en-nz/communities-and-clubs/Coaching/Coach-Development--Education/Coaching-NZ-Courses/CNZ-Level-1/>

The '**Principles of Coaching**' **Level 2** course is for coaches seeking more information to improve their knowledge and the performance of their athletes. It extends understanding on the art and science of coaching and to apply knowledge and skills to coaching a series of sessions.

<http://www.sportnz.org.nz/en-nz/communities-and-clubs/Coaching/Coach-Development--Education/Coaching-NZ-Courses/CNZ-Level-2/>

More learning and development resources from the **Coach New Zealand Level 3** course. <http://www.sportnz.org.nz/en-nz/communities-and-clubs/Coaching/Coach-Development--Education/Framework-programme-materials/Coach-Development-Modules---Learning-Resources-and-Materials/>

Australian Sports Commission: Tools and Tips for Coaches

These cover a range of subjects from 'The Training Session' to 'Coaching Specific Groups'.

<http://www.ausport.gov.au/participating/coaches/tools>